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Intro. To Mindfulness Meditation w/ Sheila

Live & Interactive on Zoom

Intro to
Mindfulness
Meditation -
Live
interactive
Zoom

Monday, Nov
9, 2020

6:30 pm -
6:30 pm

Cost: FREE

* Registration
required to
receive Zoom
invite

REGISTER



Monday, November 9th - 6:30 to 7:30 pm
Zoom meeting from the comfort of your home!
Zoom invite will be sent leading up to date of program.

"The greatest weapon against stress is our ability to choose one thought over another". - William James

If perhaps in these times of uncertainty, of loss and worry, you find the nature of thought to be loud, persistent, unsettling; join me to learn how we can cultivate moments of peace and rest.

Mindfulness Meditation practices, handed down through many centuries, are known to help us settle the mind and restore balance so we can better face what each day brings.

Our best health is aligned with our resilience in living with "what is".

Join me for an overview of the practices; leave with a few techniques to quiet the heart and mind; and hopefully, inspiration to begin a meditation practice of your own!

BIO: Sheila is a life-long meditator, concluding a 2-year Mindfulness Meditation Teacher Certification Program with Tara Brach & Jack Kornfield through Sounds True and the Greater Good Science Center. She has taught yoga and meditation for many years. She offers clear and direct practices for reducing stress while gaining valuable "Insight" towards living a more easeful life.
